

Exercise and rehabilitation in MS

98. Can MS patients exercise?

Cumulative evidence supports that exercise training is associated with improvement in quality of life. Exercise is encouraged in MS. The benefits of regularly exercising in MS are enormous. There is good scientific evidence from several studies suggesting improvement in spasticity, breathing, upper extremity function, cardio-pulmonary conditioning, pain control, and muscle strengthening in MS.

Swimming and exercising in a swimming pool can be very helpful to MS patients. This is especially helpful to patients who have considerable leg weakness and spasticity.

Individual customized exercise programs should be discussed with the neurologist. This could vary from patient to patient. Comprehensive MS programs will have onsite resources or a referral program to address specific needs of the patient.